



LIFELINK

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OUR EFFORTS TO THRIVE CONTINUE

By Rear Adm. Sean S. Buck, Director, 21st Century Sailor Office

During my nearly 30 years of service in our Navy, it's safe to say that I've encountered my fair share of stress—both operational and personal. No matter the source, there was always something that I could count on to help me navigate, see things clearly, and keep an even keel; the camaraderie and cohesion I shared with my fellow Sailors.

As a leader, I've had to learn to "bounce back" from adversity as soon as possible in order to maintain my ability to look out for my Sailors and guide our mission. But as we've learned this month, the difference between bouncing back and *thriving* is one's sense of community—I didn't bounce back on my own; I had support. One of the greatest lessons I've learned about community is that you have to take care of yourself in order to help those that depend on you. Having the strength to seek help has to be something you can identify within before you can truly encourage others to do the same. Yet the courage to *accept* help is where it begins. Our natural inclination as service members is to give and not receive. But when we can find a way to do both—encouraging our shipmates to speak up about their stressors, and also speaking up about our own—we've evolved. The smallest action can have a rippling impact and we must all lead by example.

September may be over, but our efforts to help one another navigate stress, build resilience and thrive will continue. Take a moment to read about just a few of the impressive efforts that took place in our Navy last month. I have an immense sense of pride knowing that I serve with Sailors who truly look out for and support their shipmates through calm and rough seas. Honor, courage and commitment at their finest.

- Joint Intelligence Center, Central Command Unit 0274 partnered with personnel from Information Dominance Corps East to contribute to a Habitat for Humanity Project benefiting the Jacksonville, Fla. community.
- Navy Warfare Development Command held a Suicide Prevention and Awareness Run, encouraging non-runners to sponsor runners. Sponsors agreed to receive suicide prevention and stress navigation awareness resources in exchange for their endorsement, and the runner with the most sponsors received special recognition.
- Fleet Readiness Center Mid-Atlantic developed a wall in the break room for Sailors and leaders to post a compliment to a fellow shipmate for all to see as small tokens of appreciation.

These are just a few of the many efforts around the fleet helping us "thrive in our communities." Thank you for your dedication to one another, and please keep up the great work.



Fleet & Family Support Center Kings Bay held a "Burger Burn" at the Subbase Galley. Sailors who attended received free backpacks with stress navigation and wellness information.

SUICIDE PREVENTION MONTH HIGHLIGHTS

NDW Recognizes Suicide Prevention Month, Adopts 'Thrive in Your Community Theme' Navy.mil

Navy Special Warfare Command Hosts Suicide Prevention 5K Run Navy.mil

USS Ford Sailors Participate in Suicide Awareness Run Navy.mil

Benford Sailors Shed Light on Suicide Awareness Navy.mil

Mayport Runs to Help Others [Mayport Mirror](http://MayportMirror)

OTC Holds Suicide Prevention Standdown Navy.mil

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LIFELINK SPOTLIGHT

USS Fort McHenry (LSD 43)

Suicide Prevention Month may be over, but we're continuing to recognize the outstanding efforts and initiatives that took place throughout the Navy this past September. Thanks to all who participated and supported the Thrive in Your Community theme; the amount of creativity was impressive!

October's LifeLink Spotlight goes to the crew of the USS Fort McHenry for their "Run for Life" event held on Sept. 25.

Awareness runs and walks are popular ways to educate peers about a particular health issue while promoting preventive measures and healthy lifestyle choices. For Navy, awareness runs are well-liked because they also support physical readiness. Fort McHenry Sailors and its Religious Ministries Team took these elements to the next level by organizing a **24 hour run** in honor of Suicide Prevention Month. Sailors ran in 30 minute increments over a 24 hour period to raise suicide prevention awareness while promoting protective factors (a sense of community and physical fitness). During the 24 hour period, at least one Sailor was running on the flight deck at all times. The event concluded at morning colors on Sept. 26. In total, 73 Sailors ran a combined 4,560 laps around the flight deck, equivalent to approximately 380 miles.

"No one Sailor could run for 24 hours straight, but together shipmates can. No one person can stop suicides, but together shipmates can," said Lt. Kevin Johnson in a [related Navy.mil story](#). Fostering a true sense of community and belonging, the run included not only individual Sailors but organizations, divisions and departments participating as groups.

Bravo Zulu shipmates! Your efforts truly uphold suicide prevention as *an all hands evolution, all of the time*. Keep up the great work!



Want to see your Suicide Prevention Month efforts highlighted in LifeLink and on our online sites?

Email details of your event to suicideprevention@navy.mil. Be sure to include released photos, if available, and contact information.

RESILIENCE CORNER

The Most Wonderful Time of the Year is Almost Here!

Believe it or not, the holidays are creeping nearer and nearer. In just a couple of weeks, retail displays will shift from jack-o-lanterns and ghosts to turkeys and cornucopias, with holiday scenes arriving soon after. 2013 has brought its share of challenges and unpredictable



turns, which can make the holidays particularly stressful, especially in terms of financial and family considerations. But before you settle into a Scrooge-like state, arm yourself with resources to help you *Thrive During the Holidays*.

Just as in years past, OPNAV N171's annual holiday stress campaign will provide you, your shipmates and your family with exciting and relevant resources to help everyone get a better handle on those holiday to-dos. Starting soon, we'll be discussing topics like sticking to a holiday budget, preparing your finances for the New Year, separation during the holidays, celebrating responsibly, fitness and nutrition pointers, and more. There's truly something for everyone this year; even the tiniest Sailors! For the first time we'll be following the [North American Aerospace Defense Command Tracks Santa](#) campaign. Whether you're home for the holidays or on deployment, you and your family can share holiday memories by following Santa's worldwide travels online.

Follow us on [Facebook](#), [Twitter](#) and [Wordpress](#) for the latest updates to help you *Thrive During the Holidays!*

Warrior Resilience Conference: Content from Virtual Event Still Available Online



The 5th annual Warrior Resilience Conference held this past August brought military leaders, health care providers, chaplains, and subject matter experts from across the country into one virtual environment, examining factors that contribute to the physical and psychological resilience of service members. All 31 sessions were recorded and are available for viewing online, including presentations by OPNAV N171 staff. To view the archive, click [here](#) (complete the brief registration for access).

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UPCOMING EVENTS

SPC Basic Training Webinar
Oct. 24
Nov. 13

Veterans Day
Nov. 11

Int'l Survivors of Suicide Day
Nov. 23

NMCPHC Tools to Enhance Psychological & Emotional Well Being Webinar
Oct. 22 ([link](#))

HOW TO HELP A FRIEND IN A RELATIONSHIP CRISIS

October is Domestic Violence Awareness Month. “Invisible wounds”—those that you cannot see—may cause turmoil in a service member’s life and intensify family/relationship stress, increasing the chance for unhealthy or unsafe patterns to develop. It’s not always easy to determine the best way to help a friend or fellow shipmate in the midst of a relationship crisis. Military OneSource offers practical tips to the signs and helpful actions you can take if you believe a friend is at risk:



Signs of an emotional crisis

- Overwhelming anger; withdrawal; feelings of helplessness, panic, fear, hopelessness
- Self-medicating with drugs, alcohol and/or self destructive behavior (increased suicide risk)

Reaching out to your friend/shipmate—you can ACT!

- Listen to your friend describe the situation; acknowledge his or her feelings.
- Is your friend safe from the person he or she is in a relationship with, or from his or herself? Pay attention to cues that may signal risk for self-harm or harming someone else, including suicide or violence. Stay with your friend while you contact emergency professional help.
- Stay calm—both negative and positive feelings can be contagious. It can also be comforting to share your own experiences to show that emotional pain is survivable.
- It’s important to honor privacy, but don’t make promises that could prevent your friend from getting help with a dangerous situation. Be sure to make it clear that you may not withhold information that may be needed by people to help ensure safety.
- Your support is critical, but if your friend is having severe difficulty navigating stress or is in danger, help him or her seek professional assistance. Call 911 in an emergency.

For more tips read “Helping a Friend in a Relationship Crisis” on Military OneSource.

Contact Navy Suicide Prevention

[Email Us](#) | [Suicide Prevention](#)

Follow Operational Stress Control
Online...



We want to follow you too! Have a social media page? Send us a message!

MORE NEWS YOU CAN USE

Information on International Survivors of Suicide Day

[AFSP.org](#)

Fall into Healthier Finances [NavyNavStress](#)

Stennis Sailors Race for a Soldier [Stennis 74 Blog](#)

One Night, One Mistake [All Hands Magazine](#)

Chaplains Discuss Roles in Service Member Suicide Prevention [DCoE Blog](#)

Battle of the Bulge [All Hands Magazine](#)

How to S.A.V.E. a Life [DC Military Family Life](#)

Lincoln Sailors Finish Applied Suicide Intervention Skills Training [Navy.mil](#)

Lifeline Website Features Mental Health Services Locator [Lifeline](#)

Stennis Sailors Learn Techniques to Help Prevent Suicide [Navy.mil](#)

*It’s okay to speak up when you’re down. If you or a shipmate are having difficulty with stress, help is always available. Call the **Military Crisis Line** at 1-800-273-TALK, Option 1 (text: 838255), or speak with your local **Chaplain**. Remember, chaplain support is 100% confidential unless you decide otherwise.*